

RECOMMENDED USE:

As a dietary supplement, mix 1 scoop of Hydra Essential Amino Acid with 10-16 ounces of water. Consume before, during or after exercise or sip throughout the day as a healthy energy drink substitute. Vary the amount of water to achieve your desired flavor level.

WARNING:

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you have kidney disease. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

Individual results will vary.

Storage: Store at cool and dry place away from sunlight.

Keep out of reach of children.



MANUFACTURED IN A
GMP / FDA
INSPECTED FACILITY

MANUFACTURED & DISTRIBUTED BY: MIAMI-CORE, 31 HAMILTON LV
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Statements regarding dietary supplements have not been evaluated by FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.



SUPPLEMENT FACTS

SERVING SIZE: 1 SCOOP (11gm) / SERVINGS PER CONTAINER: 30

	AMOUNT/SERVING	%DV
INGREDIENTS		
L - Leucine	2100 mg	↑
L - Isoleucine	784 mg	↑
L - Valine	1337 mg	↑
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L-Glutamine	500 mg	↑
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L - Lysine hydrochloride	1015 mg	↑
L - Threonine	826 mg	↑
L - Phenylalanine	224 mg	↑
L - Tryptophan	217 mg	↑
L - Histidine	203 mg	↑
L - Methionine	224 mg	↑
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Hydration Matrix	500 mg	↑
Coconut water powder (Coconut Nucifera)		
Taurine		
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Focus Adaptogen Matrix	750 mg	↑
Choline Bitartrate		
KSM 66® Ashwagandha		
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*Daily value not established		
%Daily values based on a 2000 calories diet.		

OTHER INGREDIENTS: NATURE AND ARTIFICIAL FLAVOUR, SUCRALOSE, CITRIC ACID, MALIC ACID, ACESULPHAME POTASSIUM, CALCIUM CITRATE, SUNFLOWER LECITHIN, BEETROOT POWDER